

Grand Prize, Panama-Pacific Exposition, San Francisco, 1915
Grand Prize, Panama-California Exposition
San Diego, 1915



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How She Was Bribe

By PAUL WHITCOMB

During the latter part of President Huerta's administration of the government of Mexico it became necessary for the United States government to send to the American representative there a document of great importance. There were Mexican spies in those days who were attempting to thwart the efforts of the Washington government and who worked very actively. They had their confederates in the departments who posted them as to what was taking place.

Paul Millard, a clerk in the state department, was entrusted with the document and warned to guard it carefully lest he be discovered of it. He was a young man recently married and, taking his dispatch home, told his wife of his mission and asked her to pack a suit case, the only baggage he intended to take with him.

Now, the Mexican secret service men at Washington, knowing that Paul Millard was a clerk in the office of the secretary of state and had access to secrets, had tempted his wife with jewels to get information through her. She had not yielded, but, being shrewd, had pretended to be half inclined to consent. She said nothing to Paul about having been sounded, but when he told her of his mission she went out on pretense of making a purchase and told the person who had tried to buy her that her husband would start the next morning for Mexico with an important dispatch.

Before going to bed that night she asked to see the document, which was contained in an official envelope and sealed with the seal of the United States. She told him that it would be wiser to put it into a plain envelope addressed to an assumed name. He asked her to do it, and she took it into another room for the purpose, bringing it back resealed.

Millard next morning bade his wife goodbye and started on his journey. As may be expected, he was watched by the Mexican secret service employees, who were intent on waylaying him, but he took precautions always to be where there were others about him, and they found no opportunity. A very pretty woman was sent on the trip, which was made by sea, to fascinate him, but Paul, besides being a faithful husband, was no fool, and he refused to be duped by her.

During the voyage his stateroom was entered and his suit case examined. But he had taken the dispatch and placed it in the breast pocket of his coat, where he could constantly feel its bulk. Then the conspirators, feeling sure that he carried it on his person, made efforts to get him by himself so that they might get it into their possession. On one occasion a man spoke enthusiastically of phosphorescent lights at the stern of the vessel, suggesting that he go with him to see. No one was there, and Millard declined to go. This attempt put him on his guard, and for the rest of the voyage he took care never to be caught alone.

On arriving at Vera Cruz he took a train for Mexico City. Being now in the enemy's country, he felt that he was in more danger. And he was. The Mexicans were doing pretty much as they pleased, and so long as Huerta's men knew that Paul carried an important document from the United States government it was a foregone conclusion that he would be robbed of it.

True enough, at the first station at which the train stopped several men entered the car where Paul sat and passed through it, evidently looking for some one. On reaching him they took him into the baggage car and had no trouble in finding the package in his pocket. Then they permitted him to return to his seat in the car he had left.

Paul was naturally very much cast down. He regretted that he had attempted to carry the document through without protection. What puzzled him was that any one could have got wind of his going. No one knew the secret except an assistant secretary who had given him the dispatch, Mrs. Millard and himself. Surely the department must be full of spies.

On reaching Mexico City he determined to go to the United States embassy and report his loss. He was looking for a cab when a well-dressed lady sitting in one beckoned to him to get in. At first he refused, then, remembering that, having lost his dispatch, further precaution was unnecessary and not seeing another cab at his disposal, he consented.

"Where do you wish to go?" asked the lady in English, but with a Spanish accent.

"First let the driver take you to your destination," replied Paul.

"I am going to the United States embassy."

Paul looked surprised and gave the order to drive to the embassy. The lady looked back on the cushion and made no further remark. When they pulled up at the embassy he looked her out and followed her into the house. The lady said something to an attendant that Paul did not hear, and she was immediately admitted to the private

office of the ambassador. A few minutes later Paul was called in. The ambassador was perusing a document, while seated near him was Mrs. Millard.

"It's safe, Paul," she said, nodding at the paper in the ambassador's hands. "I took it when you gave it to me to inclose in another envelope. The one I returned to you and that the Mexicans took was a dummy."

Then she told him how the enemy had tried to bribe her.

Where Silence Was Deadly.

Rome is said to have once been saved by the cackling of geese, but silence cost the people of Amykine, an ancient Grecian city, their liberty. The report that an enemy was approaching had been spread so often, creating consternation among the inhabitants, and as often proved false, that the authorities finally passed a law forbidding any one to speak of such a thing. All went well for a time, but there came a day when an enemy did appear, a hostile Spartan army. But the citizens of Amykine were law abiding. They talked of the weather, of the crops, of the approaching truck meet, but never a word did they speak about the approaching army. Everybody obeyed the law, and nobody told the authorities of the impending danger. Thus the city fell an easy victim to the invaders through the faithful obedience of its citizens to the law.

The Bed of Ware.

A famous piece of furniture is the "bed of Ware," which was formerly preserved at the inn called the Saracen's Head, at Ware, England, but removed to Rye House in 1860. It is considered one of the curiosities of England and measures twelve feet square. It is made of oak elaborately carved and is surrounded by a canopy, supported by a lofty headboard and two massive bedposts at the foot. Twelve persons can occupy this bed comfortably at one time.

The bed bears the date 1460, but antiquarians think it is not older than the time of Elizabeth. Some authorities say that it was offered for sale in 1804 and was bid in by Charles Dickens, while others claim that Dickens' offer of \$500 was not considered sufficient and it was bid in by the owner.

The Red Shirt of Italy.

The red shirt, destined to become so famous a symbol throughout Europe, was not at first adopted by Garibaldi for any fantastic or spectacular reason. The English Admiral Ingham says that the red shirt had its origin in stern necessity and that its adoption was caused by the need of clothing as economically as possible the legion that Garibaldi had raised for the liberation of Italy. An offer was made by a tradesman to supply at a reduced price a large stock of red woolen shirts. This offer was eagerly closed on. Before many years had passed the red shirt became the symbol not merely of the legion, but of the new spirit working for the liberation of Italy. — Atlanta Constitution.

Blackberries.

The real greatness of a blackberry is in the eating it fresh from the bush. It does not need sugar and cream. It does not need anything but a thumb and finger and a mouth. The mushy ones that grow big in the shade may be improved by doctoring, but the firm ones of moderate size that grow in the open fields are not susceptible of improvement by human art. We know a man, raised in the country in middle Tennessee, who came back from Oklahoma in his old age just to fill himself once more with blackberries as they grow. Nobody who knows what real blackberries are would think him foolish. A man might almost come back from paradise for a feast like that. — Exchange.

Too Exacting.

"Look here," said the head of the firm, addressing the new stenographer, "this letter is all wrong. Your punctuation is very bad and your spelling is worse. I can't afford to send out any such stuff to my clients."

"Well," she replied, "I'm sorry if my work doesn't suit you, but was you expecting to get a Mrs. Noah H. Webster for \$13 a week?" — New York Sun.

The Very Closest.

"My boy," said the kind old uncle to his young nephew, "you are my closest relative, are you not?"

"No, uncle," sweetly replied the little fellow, "my father has that distinction. He never gives me a cent unless I ask him for it."

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BRITISH RAGE IS GROWING

Execution of Miss Cavell
Has Greatly Stirred
the Country

ENLISTMENTS TAKE
ON NEW ACTIVITY

The Possibility of Restored
Peace Is No Longer
Heard

London, Oct. 23.—British rage and horror at the execution by the Germans at Brussels of the English nurse, Miss Edith Cavell, fully reported in a communication, published in detail by the London press yesterday, from Brand Whitlock, American minister in Belgium, promises appreciably to affect war sentiment in England.

Enlistments were unusually brisk and in official circles this was generally attributed to the feeling of anger against the Germans aroused by the Cavell case. What little talk there has been lately of the possibility of restored peace also had been effectively silenced. The Cavell incident appeared to have done more than any previous event, even of the highest international importance, to crystallize sentiment in favor of waging the war against the Kaiser to the end.

That by helping British and French soldiers and Belgians of military age to get out of Belgium and across the channel to England Miss Cavell had committed a technical offense which exposed her to the death sentence under the strict letter of military law, was admitted by the London newspapers in their comment on the case. Her actual execution, however, in view of the fact that no act of espionage had been established against her and of her self-denying work for months as head of the Brussels medical institute, where she had cared for wounded Germans as readily as for her own countrymen, the Belgians or the French, was denounced by the entire press as beyond belief, if the circumstances were not incontrovertibly attested.

In fact, it was pointed out, the story, when first told on unofficial authority, was not very seriously received, the general impression being that, if not fiction, it had at least been much exaggerated and that the Germans would prove on investigation to have a more or less satisfactory defense.

Minister Whitlock's account, however, the papers emphasize, not only fully verified the earlier version, but added details which made the affair still more shocking.

There is no indication that the public's horror had been in the least modified by the pardons granted by the Kaiser, who, according to the Exchange Telegraph, has notified the king of Spain of his action, to the Countess de Belle-ville, Mlle. Thullier and others condemned to death on charges similar to the one of which Miss Cavell was found guilty.

Indeed, it was the widespread belief here that in the case where pardons were granted, mercy was shown because the condemned were French and Belgians, while mercy was refused to Miss Cavell on account of the German hatred of her as an English woman.

The best informed circles, however, did not incline to this view. In such quarters the opinion was more general, held that the Cavell execution hurried at the orders of the German military governor of Belgium because he feared the Kaiser would extend clemency, which, it was thought, the governor deemed likely to weaken the authority of his court-martial.

There was considerable speculation concerning the effect this report will have on Whitlock's relations with the statement of facts, unaccompanied by any arraignment of the German authority or any conclusions of the minister's own. It presents the Germans in such a light, however, from the very nature of the story, that it is regarded as certain that they will see at once the harm it must do them in public opinion everywhere. The situation was not regarded as one in which complaint of the minister can very well be made, but that his position will be rendered difficult, if not impossible, was looked on as extremely likely.

Mining Laws of Australia and New Zealand.

It has been estimated that there are more than 3,500,000,000 short tons of coal in the United States, exclusive of Alaska. An authoritative statement of the coal supply of the world shows that the United States has and reserves exceeding those of any other continent and nearly double those of Europe. The fact that we are a favored nation in this respect, however, does not imply that we should not be on the alert to discover and put into operation the best possible policy in regard to our coal lands, and in determining this policy a comparison with the practices of other mining countries is helpful. Geological Survey bulletin 701, "Mining Laws of Australia and New Zealand," contains much that is suggestive on the subject, and although it is not an exhaustive treatise, it is the best available collection of authoritative data bearing on the practical working of mineral laws essentially different from those of the United States. The bulletin not only gives in considerable detail the special provisions, terms, and conditions of the different laws, as well as statistical information regarding the extent of mining, but also contains much testimony by practical Australian and New Zealand mining men who are operating under those laws. On this account it undoubtedly furnishes a valuable source of comparing the household and foreign systems in their effect upon mining development.

A copy of the report can be obtained free on application to the Director of the Geological Survey, Washington, D. C.

After heating the white of an egg until it is stiff and the yolk of a lemon and a sufficient amount of honey or sugar. This mixture affords much relief in hemorrhoids.



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There is immediate relief for skins itching, burning and disfigured by eczema, ringworm, or similar tormenting skin disease, in a warm bath with Resinol Soap, and a simple application of Resinol Ointment. The soothing, healing Resinol balsam sink right into the skin, stop itching instantly, and soon clear away all trace of eruption, even in severe and stubborn cases.

Resinol Ointment and Resinol Soap are sold by all druggists. Prescribed by doctors for 20 years.

SAYS PORTO RICO IS OVERCROWDED

Governor Yager Suggests that Remedy
is Transfer of Many Porto Ricans
to Some Other Region.

Mohank Lake, N. Y., Oct. 23.—Porto Rico is becoming so overcrowded that, considering both the area and industrial development, the island is the most densely populated region in the whole world, according to Governor Arthur Yager of Porto Rico, who addressed the Lake Mohank conference on Indians and other dependent people yesterday, asserting that the only effective remedy for the situation was the transferring of large numbers of Porto Ricans to some other region. He suggested Santo Domingo to the United States, but he believed a treaty arrangement whereby Porto Ricans could emigrate to Santo Domingo would be the preferable solution.

After calling attention to the excessive population for Porto Rico, approximately one and a quarter millions, Governor Yager said:

"It seems to me that those of us who are responsible for the future of the island should face this problem now. In my judgment it is not only important but it is urgent. With the population already pressing hard upon the means of employment, if any unexpected calamity should befall any of the island's industries there would result serious suffering among the laboring people of Porto Rico. The insular government could possibly relieve, with the means at its command, if, for example, a cyclone should devastate the coffee plantations, as actually happened in 1899, the situation might become very critical."

"Or, if as now seems certain, under the recent tariff law, the protective duty on sugar should be abolished, and the decline of that great industry which everybody in the island would soon become most serious."

"I do not hesitate to express my belief that the only really effective remedy is the transfer of large numbers of Porto Ricans to some other region. I do not believe that there is in history any instance of a country that has reached the over-crowded condition in which Porto Rico now stands, that ever escaped from it without the aid of emigration. Whatever can be done in other ways to improve conditions should still be done, but those things alone will not solve the problem."

"It is a great biological law that we are confronted with and we can neither alter nor repeat it. Education, labor legislation, land legislation, bank legislation may all help, but those measures must be supplemented by furnishing some means of relief from the oncoming crowd of surplus population if we are to reach a real remedy."

After explaining that the need of emigration was not a new idea and that 5,000 Porto Ricans were taken to the Hawaiian islands in 1901 and that others had been taken to Mexico, but that these attempts had failed chiefly because the emigrants were suffering or selection of the emigrants, Governor Yager asserted that Santo Domingo offered the most promising field for starting a Porto Rican colony if satisfactory arrangements could be made with that country.

"At present it seems certain that there is one country only which lies hopelessly open to a movement of Porto Ricans out of their own island, and that is Santo Domingo," continued the governor. "Many have gone there in spite of the dangers due to the unstable political conditions which have prevailed there for almost a century. The island is only 70 miles from the shores of Porto Rico. It is almost identical in climate, physical characteristics, products, people and language. It has now only about 30 people to the square mile as compared with Porto Rico's 330. Vast stretches of fertile virgin soil await the hand of labor, and the two islands could be made to fit together like hand and glove."

"I believe it is the duty of the United States to make the arrangements necessary to make it possible that these two neighboring islands over which it has assumed a certain control should supplement each other's needs in respect to population."

"There are two ways in which this might be done. The most direct and simplest and surest way would be the annexation of Santo Domingo to the United States and the establishment therein of a stable government, but this measure would be fraught with insuperable political and international difficulties."

"But there is another way, and that is by treaty arrangements between the two governments of the United States and Santo Domingo by which lands might be acquired and guaranteed given for protection against disorder wherever a large emigration from the smaller island to the larger under governmental encouragement, management and aid could be gradually brought about. In such a way the greatest problem of both islands would be solved through the redistribution of population."

"That there would arise some complications and practical difficulty in carrying out this scheme is doubtless true, but that it is feasible and practicable I undertake to say I have no doubt. That it is within the power and rights of the American government in view of

FOSS CASE TO GRAND JURY

Massachusetts Ex-Governor
Is Ordered Held by
Judge Parmenter

CRIMINAL LIBEL
IS THE CHARGE

Dennis D. Driscoll Brought
Accusations Against
Him

Boston, Oct. 23.—The case of Former Governor Eugene N. Foss, charged with criminal libel by Dennis D. Driscoll, was referred to the grand jury by Judge Parmenter late yesterday afternoon. After Melvin M. Johnson, counsel for Mr. Foss, concluded his argument, the court said that he found the case was peculiarly fitted for further consideration of the grand jury and the district attorney, "and I so shall hold the defendant."

Testifying yesterday George M. Harlow declared that former Mayor John F. Fitzgerald told him that had Mr. Driscoll been appointed chairman of the board of prison commissioners, "we would now have a friend" in labor circles "that would do us some good."

Mr. Harlow, who was secretary to the former governor in 1913, and who is now a member of the board of harbor and land commissioners, said that he told Mr. Foss about his talk with Mr. Fitzgerald, adding that the statement was made in 1913 while the strike at the Foss plant was in progress, but after Frank L. Randall had been appointed to the prison commission.

This testimony was offered on direct examination. Mr. Harlow said that Mr. Driscoll told him that he was a candidate for the prison nomination and he told the latter leader that he hoped he would get the nomination. They discussed the subject more than once.

On cross-examination, Mr. Harlow said that Mr. Fitzgerald never told him that if Mr. Driscoll was appointed the strike at the Sturtevant works would be called off. Neither did the witness ever tell the former governor that Driscoll had said that, if he were nominated, the strike would be terminated. All of this testimony was considered of a vital nature, in that it constituted the crux of the suit, the outcome of Mr. Foss' campaign for the Republican nomination for governor.

Witnesses, members of the bar and representatives of the press were the only persons permitted to attend yesterday's session. Judge Parmenter, who is presiding over the hearing, which is being held in one of the small court rooms in the court house, issued the order yesterday morning, much to the disappointment of a large number of persons who came to the court at an early hour. All of the seats were taken when the case was resumed at 10 o'clock.

its responsibilities in both of these islands as well as in the Caribbean sea generally seems to be clear, and that it would meet general approval among the people of both islands seems highly probable."

In discussing the political problems in Porto Rico, Governor Yager urged the passage of a new organic act to take the place of the temporary act, passed by Congress in 1900 and which went into effect in 1901. "This new organic act should grant to the people of Porto Rico collective citizenship in the United States," he said. "I know of no simple gift that would go so far toward removing dissatisfaction and difficulty in Porto Rico as this simple grant of citizenship, and none that would be attended with so little cost and risk."

"People speak of citizenship as a 'privilege.' To my mind it is not a privilege at all, but a right. It is the necessary complement of sovereignty and should go with the flag. Wherever the American flag is permanently planted over any territory the people of that territory should be made citizens of the country whose flag they serve. The people of Porto Rico must obey all the laws of the United States, pay taxes, are liable to military service, and yet they are not citizens."

"Citizenship does not at all imply suffrage or the power to vote for any officer of the government or anything else in the United States there are now many more citizens who have not the privilege of the suffrage than those who have. The people of the District of Columbia never have had the privilege to vote for anybody or anything and yet they are citizens. Most of the negroes of the South, the miners of both sexes, and as yet an immense majority of the women of the country are not permitted to vote and yet no one would think of excluding these classes from the rights of citizenship."

"The new organic act should contain some enlargement of the rights of participation in their own government on the part of Porto Ricans themselves. Just how much enlargement and in what particulars are matters of detail. This enlargement is also necessary to the vindication of our educational purpose and the recognition of the thousands of progress that has been made in the past fifteen years."

"The most important and fundamental mistake that has been made in the island, and the most natural, was extending the suffrage to all male Porto Ricans over 21 years of age. This has produced a body of electors in Porto Rico, about 70 per cent of whom are not literate, but have had no sort of political experience that would fit them for the exercise of the important privilege. Congress did not grant directly the extended form of suffrage. It was done by the local legislature in its natural but mistaken zeal to secure too quickly the form of democratic institutions even though they missed the reality. The results of this widely extended suffrage among an untrained people may readily be imagined, and I desire to state that the results are just what one would expect. The healthy political life is possible under these conditions, and Congress is the only authority that can correct and should do so."

Suffered for Seven Years "Peruna Cured Me"

Had
Catarrh
Of Head
Nose
Throat
And
Stomach



Mr. Samuel Rossi, No. 612 Chestnut avenue, Vineland, N. J., writes: "I want to thank you for your advice and for

what your medicine has done for me. I suffered with catarrh for seven years; catarrh of the head, nose and throat, and stomach. Peruna cured me. I followed your advice and I used three bottles of Peruna in three weeks, and now my trouble is all over. I will never be without Peruna in my house. I can heartily recommend Peruna as a catarrh remedy. I am pleased to make public the good that Peruna has done me."

In a later letter, Mr. Rossi writes: "I will never be without Peruna in my house. We use it whenever any of the family have a slight cold, and find it of constant service. Peruna has many times saved one of my little boys from serious sickness."

Those who object to liquid medicines can now procure Peruna Tablets.

Topics of the Home and Household.

Mix stove blacking with a little ammonia and it will not burn off.

Try a small brush, not too stiff, for cleaning potatoes and other roots, and save your hands.

To clean the silver spoons and forks in everyday use, rub them with a damp cloth dipped in baking soda; polish with chamois-skin.

To get rid of roaches mix equal quantities of dry plaster of paris and common flour and set it about the floor at night. They will eat it and it will kill them.

Very often shoe polish or stove polish becomes hard and dry. In this case, add a little turpentine. This softens the polish and makes it better for use.—Holland's Magazine.

To extract a needle from the flesh apply a magnet immediately, as the flesh closes quickly over the needle. The magnet, however, arrests the penetrating movement of the needle and finally draws it out.

In certain countries, because of the concentrated food value of this fruit, the killing of a date palm is made a criminal offense. The distinctive element of the date is sugar, so pure and simple a form that the fruit is easily digested. Combined with nuts for their oil and protein, dates make an ideal food for girls—an excellent luncheon for a working day.

A new broom cover for dusting floors is made like a petticoat and slips loosely over the broom. It is of flannelette, at seven cents a yard, and is about nine inches longer than the straw part of the broom. A deep hem makes it firm. It is slipped into a binding of broad-tape at the top, to form a ring that will easily drop over the handle of the broom. This "petticoat" is much more readily slipped on and off the broom than the old-fashioned bag.

Get the Saving Habit.

Saving is no doubt difficult when the weekly stipend is small, says the Irish World, but even under these circumstances something should be put away if for no other reason than the one of cultivating the saving habit. Hundreds—no, thousands—of women have enough intelligence to make money and good sums of money, too, but few have enough to save even a small portion of their earnings.

And yet a bank account is their only protection against sickness, old age or loss of position—the only means of giving the worker any independence and personal freedom.

The girl who has no bank account is forced to put up with all sorts of inconveniences; she cannot give up employment which is un congenial, because she has nothing to draw upon while looking for another opening. If she becomes ill she must call upon friends or relatives for aid, and if she is so unfortunate as to be alone in the city she may even be forced to become the object of charity.

With this possibility in view, one would think that every feminine worker would realize the importance of saving. But apparently few wage-earners do. You find the girl behind the counter spending her nickels and dimes on candies and the movies just as you find her sister in a higher class of endeavor throwing away her hard-earned dollars on innumerable new hats, blouses and theater tickets. Both have the happy optimism which is characteristic of many women who earn their living. They live in the present, refusing to look into the future.

Begin now to put away something every week. Perhaps it will be only 25 cents if the pay envelope is pitifully small, but 25 cents every week amounts to a fair sum at the end of the year. The point at the beginning is not how much you save, but the fact that you save consistently. After awhile the saving habit, you will have at your disposal a sum of money that is quite respectable in its proportions.

Medicinal Properties of Domestic Fruits. I.

As a rule, fruit is eaten indiscriminately, the consumer being guided alone by

the palate, never pausing for a moment to reflect that each variety contains peculiar properties of its own, which, when introduced into the system, will act in some direct way upon it. For this reason as much judgment should be exercised in the consumption of fruit as in the eating of any other article of food.

Although all fruit contains small quantities of albuminous matters, and thus becomes, when taken with other foods, serviceable as a tissue-builder, yet it is not as nutritious as is generally supposed. The chief value of fruit to mankind is the great benefit to be derived from the vegetable salts which it contains in large quantities, and which, as is well known, possess great curative powers.

Especially do the fruits which grow at our very doors abound in these therapeutic properties, which were highly appreciated by housewives in early days, when doctors were many miles away, and the market was not deluged by "cure-alls" of every kind. If to-day people would acquaint themselves with the value of fruit taken as a medicine, there would be fewer invalids all over the land, suffering from stomach, bowel and kidney troubles.

Of the smaller fruits, such as berries, perhaps none is more healthful than the strawberry. It is especially beneficial to persons suffering from gravelly or calculous affections, and should be eaten freely. The juice is said to be an excellent dentifrice, and will remove the concretion, known as tartar, without injury to the teeth. A strong decoction made of the leaves and roots is a good astringent, especially in the bowel complaints of children. The roots when used alone are diuretic.

Blackberries should never be eaten in any form by those suffering from constipation, as they act as a very powerful astringent. The juice of the berry, or a syrup made from the roots, is a very useful in cases of violent purging, and can also be used to advantage in declining stages of dysentery after all inflammation is removed. Everybody is familiar with the virtues of blackberry cordial, a bottle of which should always be in the family medicine chest.

The raspberry can be eaten with great benefit by those suffering from any derangement of the stomach or bowels. The juice, or better still, the drink known as raspberry vinegar, is not only cooling and grateful to a fever patient, but beneficial. Physicians esteem this fruit so highly in fevers that they give it as a medicine in many different preparations. When a healthy, though not powerful astringent is desired, nothing is more effective and harmless than a decoction of raspberry leaves. This tea is also a good wash for old sores.

The huckleberry or whortleberry as it is called in some parts, will give great relief to those suffering from dropsical or gravelly affections. Although simply eating the fruit will be of much benefit, yet more pronounced results will be experienced if the berries are bruised and kneaded in gin. A tea made from the roots is a very good wash for a sore throat or mouth.

The juice of the red currant, diluted and sweetened to taste, is very refreshing to a fever patient. When it is well diluted, so that the acid taste is very slight, it may be used to advantage by those suffering from quinsy, diphtheria, inflammation of the lungs, and putrid fevers. In the absence of fresh currants, the dried ones may be used in the form of a tea, which is made as follows:

Over a handful of dried currants pour a pint of boiling water, strain, and set to cool. Dilute if necessary.

It is well to remember that all acid fruits should be eaten by either the sick or the well during the earlier hours of the day.

Gooseberries possess much the same properties as currants.

Those persons suffering from affections of the kidneys or urinary organs will derive great benefit from the free consumption of elderberries. The juice of this berry is a powerful diuretic; that is, it promotes perspiration. The inner bark of the species known as the dwarf elder is valuable in dropsical complaints as an active cathartic, and is given in the form of a decoction, prepared by boiling one ounce of the bark in two pints of water until the whole is concentrated into one pint. The dose is about four smaller quantities, as a gentle laxative, and is easily given to children. By stewing equal parts of elder flowers and hard, then pressing through a thin cloth, a cooling stimulant will be obtained which is very grateful to burns, scalds or other irritated surfaces.

(To be continued.)
Dorothy Dexter.

"IT WAS RECOMMENDED BY MY DOCTOR"

The Reason Why So Many People Take Father John's Medicine for Body Building and Th